

Samak Pulao Recipe

SAMAK PULAO

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 1 cup Samak rice (Barnyard millet / Sama chawal)
- 2 cups water
- 1 medium potato (chopped)
- 1 small carrot (optional)
- 1 green chilli (slit)
- 1 tsp cumin seeds (jeera)
- 1 tbsp ghee or oil
- 1 tbsp peanuts or cashews (optional)
- Rock salt / Sendha namak
- Coriander leaves
- Curry leaves (optional)

Steps:

1. Wash Samak rice 2–3 times and soak for 10 minutes.
2. Heat ghee in a pan.
3. Add cumin seeds and let them splutter.
4. Add peanuts/cashews and roast lightly.
5. Add potato, carrot, and green chilli.
6. Add sendha namak and sauté 2–3 minutes.
7. Add soaked Samak rice and mix gently.
8. Add 2 cups water and stir.
9. Cover and cook on low flame for 10–12 minutes.
10. Fluff gently after water is absorbed.
11. Add coriander leaves and turn off flame.